

# Differences in Executive Functions between Young Religious Women and Older Religious Women, Using the Weekly Calendar Planning Activity (WCPA)

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**Objective:** To examine the difference between religious women aged 20-30 and religious women aged 60-70 in a simulation of an IADL task as measured by the Weekly Calendar Planning Activity (WCPA). **Background:** Executive functions are necessary for performing instrumental activities of daily living (IADL). Studies indicate an inverse association between executive functions and age. **Method:** The sample included 54 young women (n= 31; mean age M= 24.8) and older women (n= 23; mean age M= 64.2). **Tools:** the Weekly Calendar Planning Activity (WCPA). **Results:** The results of the WCPA revealed significant differences between the groups in the number of accurately scheduled meetings. No significant differences were found

in the time taken to perform the WCPA or in the number of strategies used. **Conclusions:** It is possible that younger women are better able to perform a multi-stage task than older women and thus they can design and organize their time better. The WCAP is unique in that it enables the assessment of executive functions through the performance of a complex task, the use of strategies, a self-evaluation of performance and the identification of error patterns. The contribution of this study was in identifying differences between younger and older religious females in performing this task, which can form the basis for developing intervention strategies that suit the individual needs of our clients.